

# Every Woman Matters Staff

Listed below are the staff members of the Office of Women's and Men's Health (OWMH), Every Woman Matters (EWM). You may call their direct lines or call toll-free at (800) 532-2227.

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## EWM Community Partners

EWM has partnership and contractual agreements with a number of individuals and agencies across the state to help us meet our goals and objectives. In particular, Regional Case Managers, Lifestyle Interventionists and Outreach/Recall Coordinators allow us to recruit, screen, follow up with and provide education to thousands of women in their communities, where they are most likely to access care. Each has a very important but distinct role within the program.

### Every Woman Matters Case Managers

EWM has contracted with case managers across the state to decrease barriers for our clients and help them access the health care they require. As the case managers assist clients in accessing care, they may be calling your office to request more information regarding the client's screening, diagnosis or treatment. Case Managers are available to provide onsite EWM programmatic trainings for clinics.

### Every Woman Matters Lifestyle Interventionists

Clients are eligible for comprehensive lifestyle intervention management calls and support according to program protocol. Eligible clients begin the four month intervention management component with a contact from a Regional Program Interventionist. Intervention management contacts are the cornerstone of the intervention component. They are intended to offer encouragement, assist with goal setting, and address overall challenges and strategies to making positive lifestyle changes. Primary topics of lifestyle change include increasing physical activity, improved nutrition and tobacco cessation.

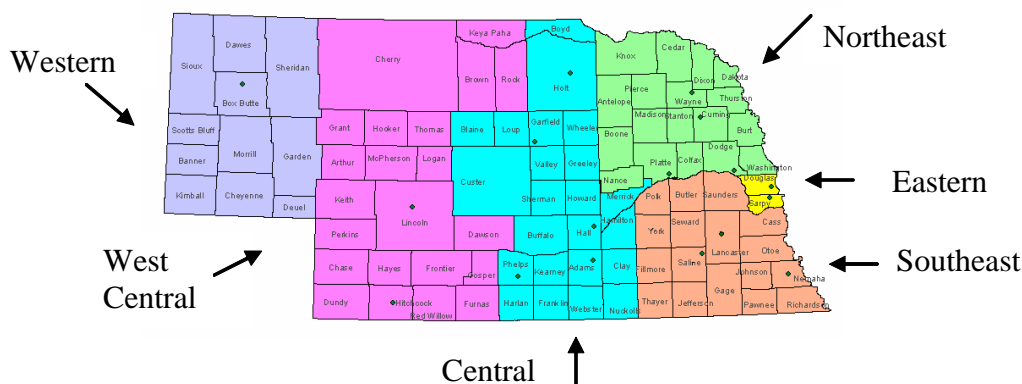
### Every Woman Matters Outreach & Recall Coordinators

EWM contracts with local agencies and individuals to promote the availability of EWM, enroll eligible clients and contact clients who are due for screening and rescreening services. Clients are contacted on a yearly basis via mail and once that particular client doesn't follow through with screening an Outreach & Recall Coordinator will contact her so that she may access the necessary screenings.

### Every Woman Matters Regions

Case Managers, Lifestyle Interventionists and Outreach and Recall Coordinators all work within regions within the state. Regions have been determined based upon multiple factors which include but are not limited to geographic coverage, eligible clients for screening services and potential number of clients eligible.

- **Western:** Sioux, Scotts Bluff, Banner, Kimball, Dawes, Box Butte, Morrill, Cheyenne, Sheridan, Garden, Deuel
- **West Central:** Cherry, Keya Paha, Brown, Rock, Grant, Hooker, Thomas, Arthur, McPherson, Logan, Keith, Perkins, Lincoln, Dawson, Chase, Hayes, Frontier, Gosper, Dundy, Hitchcock, Red Willow, Furnas
- **Central:** Boyd, Holt, Blaine, Loup, Garfield, Wheeler, Custer, Valley, Greeley, Sherman, Howard, Merrick, Buffalo, Hall, Hamilton, Phelps, Kearney, Adams, Clay, Harlan, Franklin, Webster, Nuckolls
- **Northeast:** Knox, Cedar, Dixon, Dakota, Antelope, Pierce, Wayne, Thurston, Boone, Madison, Stanton, Cuming, Burt, Nance, Platte, Colfax, Dodge, Washington
- **Eastern:** Douglas, Sarpy
- **Southeast:** Polk, Butler, Saunders, York, Seward, Lancaster, Cass, Otoe, Fillmore, Saline, Thayer, Jefferson, Gage, Johnson, Nemaha, Pawnee, Richardson



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These resources are intended to provide information and are not necessarily endorsed by EWM.

## FREE RESOURCE BOOK FOR NEBRASKA WOMEN

**Straight Talk About Breast Cancer** (Book-English only)

**What You Need to Know About Breast Cancer** (Booklet-Spanish only)

*Coping resources available free of charge to any Nebraska woman newly diagnosed with breast cancer. These resources are provided by Every Woman Matters, Nebraska Medical Association, and CIMRO of Nebraska. Call (800)458-4262 for free copies. Healthcare providers can request additional copies to keep at their facility to give to clients.*

### Patient Advocate Foundation

Newport News, VA

(800)532-5274

[www.patientadvocate.org](http://www.patientadvocate.org)

*Specializes in mediation, negotiation and education, on behalf of clients experiencing the following issues:*

*Preauthorization*

*Access to Pharmaceutical Agents*

*Access to Medical Devices*

*Expedited applications for Social Security Disability, Medicare, Medicaid, SCHIPS, and other social programs*

*Plus many other services*

*Debt Crisis*

*Access to Chemotherapy*

*Access to Surgical Procedures*

*Provides professional case managers who negotiate with clients insurers to resolve coverage and benefit issues, patient employers to mediate job discrimination issues and client creditors to facilitate resolution of debt crisis matters. They utilize the AT&T Language Line that enables the case managers to assist clients in 140 languages. Assists clients who are uninsured, underinsured, as well as Medicaid and Medicare recipients to resolve coverage and benefit issues.*

## CULTURAL COMPETENCY AND LANGUAGE ACCESS RESOURCES

- **Culturally and Linguistically Appropriate Services in Health Care (CLAS Standards)**  
[www.omhrc.gov/templates/browse.aspx](http://www.omhrc.gov/templates/browse.aspx) (click on cultural competency, then on national standards)  
*In March 2001, the U.S. Department of Health & Human Services of Minority Health completed a final report of the 14 CLAS standards. Standards provide goals and guidelines so that healthcare providers can ensure that they are providing the best quality care with the goal of eliminating the health disparities that exist across racial and cultural lines.*

- *Culturally Competent Care (Standards 1-3);*
- *Language Access Services (Standards 4-7); and*
- *Organizational Support for Cultural Competence (Standards 8-14)*

*Standards 1-3, and 8-13 are Guidelines; Standards 4-7 are Federal Office of Civil Rights 1964 Requirements; and Standard 14 is a Recommendation.*

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## CULTURAL COMPETENCY AND LANGUAGE ACCESS RESOURCES (*continued*)

- The following web sites provide an extensive array of public and professional information, professional education, organizational, individual, and healthcare provider's cultural competency self assessments, and policies and procedures related to improving the healthcare of a Diverse Population.
  - **Harvard Medical School's Center of Excellence in Women's Health**  
[www.hms.harvard.edu/coewh/focus.html](http://www.hms.harvard.edu/coewh/focus.html)
  - **National Center for Cultural Competency**  
<http://gucchd.georgetown.edu/nccc/>
- **Language Services Associates**  
 Willow Grove, PA  
 (800)305-9673  
[www.lsaweb.com](http://www.lsaweb.com)  
*Provides services 24/7 365 days a year in 180 languages. Other services include: Quick Connections, Multiple Party Conferences, Language Identification Assistance, On site or via phone.*
- **Language Line Services - Certified Medical Interpretation Services**  
 Monterey, CA  
 (877)886-3885  
[www.language-line.com](http://www.language-line.com)  
*Provides services 24/7, 365 days a year in over 150 languages. Other services include: Quick Connections, Multiple Party Conferences, Language Identification Assistance, On site or via phone, Specialize in Health Care Arena.*
- **Nebraska Association for Translators & Interpreters**  
[www.natihq.org](http://www.natihq.org)  
 Association e-mail: [nati@natihq.org](mailto:nati@natihq.org)  
 Janet Bonet, Association President, 402-598-4186  
*Serves as a resource and a forum on interaction for language service providers and those who utilize their services.*
- **Regulations for Providing Services to Clients with Limited English Proficiency**  
[www.hhs.gov/ocr/lep](http://www.hhs.gov/ocr/lep)  
*Contact Maria Smith, Office for Civil Rights, Health & Human Services, Kansas City, MO with questions about regulations at 816-426-7277 or 816-426-7238 or [maria.smith@hhs.gov](mailto:maria.smith@hhs.gov). A link to government and non government resources to assist community clinics and health centers to meet the challenge of serving clients with Limited English Proficiency.*



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## PROFESSIONAL AND PUBLIC CANCER EDUCATION AND INFORMATION RESOURCES

### **American Cancer Society (ACS)**

(800) ACS-2345 or (800) 227-2345 (Spanish language services available)

Omaha: (402) 393-5800

9850 Nicholas Street, Suite 200 Omaha, NE 68114

[www.cancer.org](http://www.cancer.org)

*A nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service. Information and some services are available to clients and their families, healthcare providers and the general public. **In addition, loans of breast prosthesis and wigs may be available through your local American Cancer Society Office.** (Educational Brochures Available)*

**Look Good....Feel Better** is a program of the American Cancer Society

(800) 395-5665

*Designed to help cancer clients cope with changes in appearance due to cancer treatment. These programs are free-of-charge and include a make-up kit courtesy of the Cosmetics, Toiletries & Fragrance Association.*

### **American Society for Colposcopy and Cervical Pathology (ASCCP)**

[www.asccp.org](http://www.asccp.org)

*Provides the American Society for Colposcopy and Cervical Pathology (ASCCP) Algorithms from the Consensus Guidelines for the Management of Women with Cervical Cytological Abnormalities and Consensus Guidelines on the Management of Women with Histological Abnormalities. Among other services, ASCCP also provides practice recommendations and continuing medical education.*

### **Association of Cancer Online Resources**

[www.acor.org](http://www.acor.org)

*Provides links to pertinent resources for all types of cancer.*

### **AVON Foundation**

(800) 813-4673

[www.avoncompany.com/women/](http://www.avoncompany.com/women/) (Click on Philanthropy)

*Provides resources for a wide range of breast cancer programs and services, educational outreach and referrals for medically underserved women, as well as information and services regarding domestic violence and emergency relief. Provides an on-line support group.*

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## **PROFESSIONAL AND PUBLIC CANCER EDUCATION & INFORMATION RESOURCES (*continued*)**

### **Breast Cancer.Org**

[www.breastcancer.org](http://www.breastcancer.org)

*Provides women diagnosed with breast cancer a comprehensive site that includes information on everything from diagnosis to treatment and beyond. Has a “chat room” to respond to concerns immediately for women who need support from someone who has been there already. Marissa Weiss, M.D., who is a breast cancer survivor herself, maintains the site.*

### **Cancer Care, Inc**

(800) 813-4673 (Spanish language services available)

<http://www.cancercare.org>

*Provides free, professional support services for anyone affected by cancer. **Free one hour teleconferences for cancer clients, their families, and healthcare providers working with people with cancer. People can participate from the office or home to learn more about issues as they relate to cancer.***

### **Cancer Center Helpline, Omaha, Nebraska**

(402) 559-9999 or (800) 999-5465 (Spanish language services available)

*Free telephone information service provided by Nebraska Medical Center. Educational information and resources for healthcare providers and public available from oncology nurses.*

### **Cancer Resource Center, Lincoln, Nebraska**

(402) 483-2827 or (800) 487-8786

*Focuses on clinical trials, provides a wig bank and referrals to community resources.*

### **Cancer Survivors Network**

[www.acscsn.org](http://www.acscsn.org) (Click on En Espanol, upper left corner of screen for Spanish)

*Sponsored by the American Cancer Society and deals with survival issues, long term effects of treatment and general support.*

### **Healthfinder**

<http://www.healthfinder.org>

*An award winning Federal Website for consumers, providing on-line publications, clearinghouses, databases, websites, support and self-help groups, as well as government agencies and not-for-profit organizations that produce reliable information to the public.*

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## **PROFESSIONAL AND PUBLIC CANCER EDUCATION AND INFORMATION RESOURCES (*continued*)**

### **Krames Communications**

(800) 333-3032

1100 Grundy Lane

San Bruno, CA 94066-3030

<http://www.krames.com>

*One-stop-shop for client education materials in a variety of print and electronic formats available for purchase.*

### **Livestrong**

[www.livestrong.org](http://www.livestrong.org)

*Lance Armstrong's web site that provides information and encouragement to all cancer clients.*

### **Mammatech Corporation**

(352) 375-0607 or (800) 626-2273

930 Northwest 8th Avenue

Gainesville, FL 32601

[www.mammacare.com](http://www.mammacare.com)

*Provides breast models, clinical breast exam and breast self-exam interactive training systems for both public and professional education. Includes adaptive learning systems for visually and hearing impaired clients. Certified clinical breast examiner training courses are also offered.*

### **Medicare Helpline**

CIMRO of Nebraska

Medicare Rights Helpline

(800) 247-3004

*Consumer Questions Regarding Medicare*

### **Medline Plus**

[www.medlineplus.gov](http://www.medlineplus.gov)

*A service of U.S. National Library of Medicine and the National Institutes of Health. Site contains information on more than 650 health topics, drug information, a medical encyclopedia, and dictionary, as well as directories, current news and interactive tutorials. (Select articles available in 40 different languages, downloadable in PDF format.)*

### **Medscape**

[www.medscape.com](http://www.medscape.com)

*Offers patient and professional information, free professional education including CME's and CEU's for healthcare providers, conference coverage, and discussion boards.*

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## **PROFESSIONAL AND PUBLIC CANCER EDUCATION AND INFORMATION RESOURCES (*continued*)**

### **National Breast Cancer Coalition**

(202)296-7477

[www.natlbcc.org](http://www.natlbcc.org)

*A national advocacy group that lobbies for increased research funding, access to medical services, and education. Also provides "Guide to Breast Cancer Care" online, which is based on 6 core elements of values, access, information, choice, respect, accountability, and improvement.*

### **National Cancer Institute -- Cancer Information Service (NCI -- CIS)**

(800) 4-CANCER or (800) 422-6237 (Spanish language services available)

<http://cancernet.nci.nih.gov>

*Supported by the National Cancer Institute to provide accurate and up-to-date information on cancer to clients and their families, healthcare providers and the general public. You will be connected to an automated menu system. (**Educational Brochures Available**)*

### **National Coalition for Cancer Survivorship**

(301) 650-9127 (Spanish language services available)

(877) 622-7937 (Toll free to order publications only)

[www.canceradvocacy.org](http://www.canceradvocacy.org)

*Provides information about survivorship and sources of support for cancer survivors and their families.*

### **National Comprehensive Cancer Network**

(800)909-6226

[www.nccn.org](http://www.nccn.org)

*NCCN is an alliance of 21 of the world's leading cancer centers, working together to develop treatment guidelines for most cancers, and dedicated to research that improves the quality, effectiveness and efficiency of cancer care. Clinical practice guidelines for healthcare providers and cancer treatment and supportive care guidelines for clients and their families are found on this website.*

### **National Lymphedema Network**

(800)541-3259

[www.lymphnet.org](http://www.lymphnet.org)

*Provides complete information for clients, healthcare providers and the general public on prevention and treatment of lymphedema.*

### **National Women's Health Information Center**

[www.4woman.gov](http://www.4woman.gov)

*Gateway for women's health resources and materials for consumers and professionals. Maintained by the U.S. Dept. of Health & Human Services.*

### **National Women's Health Network**

(202)628-7814

[www.nwhn.org](http://www.nwhn.org)

*Provides newsletters and position papers on women's health topics.*

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## PROFESSIONAL AND PUBLIC CANCER EDUCATION AND INFORMATION RESOURCES (*continued*)

### Office of Minority Health

[www.dhhs.ne.gov/minorityhealth](http://www.dhhs.ne.gov/minorityhealth)

*The Office of Minority Health (OMH) works to equalize health outcomes and eliminate health disparities in Nebraska and works with local and regional health agencies, other state agencies, faith-based organizations, and community-based organizations, to develop minority health training materials, and assist and support minority grantees and organizations working on minority health activities.*

### Oncolink

<http://cancer.med.upenn.edu/>

*Comprehensive Cancer resource maintained by the University of Pennsylvania Cancer Center. Many links to medical information, psychosocial support, discussion lists, journals and cancer news.*

### The Nebraska Medical Center, Omaha, Nebraska

[www.nebraskamed.com/services/cancer](http://www.nebraskamed.com/services/cancer)

*Information on types, diagnosis and treatment of different cancers. Very informative for both healthcare providers and clients.*

### Physician Data Query (PDQ)

[www.cancer.gov/cancertopics/pdq/cancerdatabase](http://www.cancer.gov/cancertopics/pdq/cancerdatabase)

*National Cancer Institutes comprehensive database - contains peer-reviewed summaries on cancer screening, prevention, genetics, treatment, supportive care, and cancer clinical trials from around the world.*

### Susan G. Komen Breast Cancer Foundation

(800)462-9273 (Spanish language services available)

[www.komen.org](http://www.komen.org)

*Dedicated to advancing research, education, screening and treatment of breast cancer  
(Educational Brochures Available)*

### Y-ME, National Breast Organization

(800) 221-2141 (English) or (800) 986-9505 (Spanish)

[www.y-me.org](http://www.y-me.org)

*A national breast cancer survivor support network. Whenever possible, trained breast cancer survivors are matched to callers by background and experience. Wig and prosthesis bank available.*

### Young Survival Coalition

[www.youngsurvival.org](http://www.youngsurvival.org)

*An international non-profit for breast cancer survivors and supporters with a focus on women under 40. The Young Survival Coalition's (YSC) educational programs are designed to reach not only our core audience of young women affected by breast cancer but also members of the medical community, friends, family members, caregivers, the breast health community, healthy young women and the general public.*

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## PROFESSIONAL AND PUBLIC CARDIOVASCULAR/ DIABETES EDUCATION AND INFORMATION RESOURCES

### American Council on Exercise (ACE)

[www.acefitness.org](http://www.acefitness.org)

*Provides information on exercise guidelines and the latest research in the field of physical activity.*

### American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

*Provides information on diabetes, community resources, daily recipes and tips.*

### American Dietetic Association (ADA)

[www.eatright.org](http://www.eatright.org)

*Provides information on finding a dietician, nutrition fact sheets, and a food and nutrition guide.*

### American Heart Association (AHA)

(800)AHA-USA-1 or (800)242-8721

7272 Greenville Avenue

Dallas, TX 75231

[www.americanheart.org](http://www.americanheart.org)

Nebraska Offices:

Lincoln: 1550 So. 70th Street Lincoln, NE 68506

Omaha: 10100 J Street, Suite A Omaha, NE 68127

*Information and services are available to clients and their families, healthcare providers and the general public. A variety of print materials may be available through your local AHA office.*

### American Lung Association

[www.lungusa.org](http://www.lungusa.org)

*Provides information on tobacco control issues and an on-line smoking cessation program, "Freedom from Smoking". Information is also available in Spanish.*

### American Stroke Association

(888)4-STROKE or (888)478-7653

7272 Greenville Avenue

Dallas, TX 75231

[www.strokeassociation.org](http://www.strokeassociation.org)

*Provides a list of program offered through the Stroke Association, warning signs about stroke, stroke care and science and professional information.*

### The Mayo Clinic

[www.mayoclinic.com](http://www.mayoclinic.com)

*Individuals can register with "My Mayo" and receive a personalized risk assessment and lifestyle intervention programs. There is also a professional education area.*

### National Cancer Institutes 5-a-Day Program

[www.5aday.gov](http://www.5aday.gov)

*Provides materials, recipes and resources for information regarding the "5-a-Day For Good Health" program.*

These resources are intended to provide information and are not necessarily endorsed by EWM.

## **PROFESSIONAL AND PUBLIC CARDIOVASCULAR/ DIABETES EDUCATION AND INFORMATION RESOURCES**

### **National Heart, Lung and Blood Institute (NHLBI)**

[www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/)

*Conducts basic research, clinical investigations and trials, observational studies, and demonstration and education projects related to the causes, prevention, diagnosis, and treatment of heart, blood vessel, lung, and blood diseases. Conducts educational activities, including development and dissemination of materials in the above areas, with an emphasis on prevention.*

### **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

[www.niddk.nih.gov](http://www.niddk.nih.gov)

*Information on diabetes, physical activity, nutrition and weight loss programs. Information also available in Spanish. Information on the National Diabetes Education Program (NDEP), the Weight-control Information Network (WIN), and the National Diabetes Information Clearinghouse (NDIC).*

### **National Institute on Aging**

[www.nih.gov/nia](http://www.nih.gov/nia)

*Provides information on aging including press releases, calendar of events, resource directory and publications list.*

### **Nebraska Diabetes Control Program**

402-471-0194

[www.dhhs.ne.gov/dpc/ndcp.htm](http://www.dhhs.ne.gov/dpc/ndcp.htm)

*Diabetes professional and public materials and information provided at no charge including the Nebraska Diabetes Consensus Guidelines for Clinics.*

### **The President's Council on Physical Fitness & Sports**

[www.fitness.gov](http://www.fitness.gov)

*Provides publications and programs on physical fitness and sports. Includes quarterly research reports and federal publications as well as information on the Presidential Sports Award.*

### **The National Women's Health Information Center**

[www.4woman.gov](http://www.4woman.gov)

*Provides information on the "Pick Your Path to Health" national promotion on women's health issues including cardiovascular disease, tobacco cessation, minority health and offers information in Spanish.*



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## **PROFESSIONAL AND PUBLIC CARDIOVASCULAR/ DIABETES EDUCATION AND INFORMATION RESOURCES**

### **U.S. Centers for Disease Control and Prevention**

[www.cdc.gov](http://www.cdc.gov)

*Offers information on physical activity and health, including information on the Surgeon General's report on physical activity. Information on public health programs and publications are also available.*

### **U.S. Department of Agriculture (USDA)**

[www.mypyramid.gov](http://www.mypyramid.gov)

*Provides information on the Food Guide Pyramid including the updated 2005 Food Guide Pyramid Booklet, educational tools and graphics. Ethnical and Cultural Food Guide Pyramids can be accessed. Dietary supplements and guidelines can also be accessed here.*

[www.nutrition.gov](http://www.nutrition.gov)

*Another USDA website that covers food facts and lifestyle issues.*

### **U.S. Food & Drug Administration (USFDA)**

[www.fda.gov](http://www.fda.gov)

*The Center for Food Safety and Applied Nutrition has information on weight loss, food labeling, dietary supplements, food away from home, women's health and seniors.*